FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB A	PPR	OVA
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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1 1. Name and Address of Reporting Lesson			2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE ROAD		(Middle)	-		Officer (give title below)	Other (specify below)			
		INC.	3. Date of Earliest Transaction (Month/Day/Year) 03/01/2019		Chief Administrative Officer				
(Street) ARLINGTON VA 22203		22203	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individ	dual or Joint/Group Filing (Cl Form filed by One Reporti Form filed by More than O	ng Person			
(City)	(State)	(Zip)							

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transac Code (li 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr.	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				v	Amount	(A) or (D)	Price	3 and 4)		(IIISu. 4)	
Common Stock, par value \$.01 per share	02/19/2019		G	v	1,000(1)	D	\$0.00	40,899.9144(2)	D		
Common Stock, par value \$.01 per share	03/01/2019		F		3,808(3)	D	\$0.00	37,091.9144(2)	D		
Common Stock, par value \$.01 per share	03/05/2019		S		2,000	D	\$195.5	35,091.9144(2)	D		
Common Stock, par value \$.01 per share	03/05/2019		S		1,500	D	\$196	33,591.9144(2)	D		
Common Stock, par value \$.01 per share	03/05/2019		S		1,500	D	\$197	32,091.9144(2)	D		

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	Price of	or Exercise Price of Derivative	or Exercise Price of Derivative	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported	Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)				

Explanation of Responses:

- 1. Reflects gift of 1,000 shares.
- 2. The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares
- 3. Reflects withholding of shares by the Company to cover tax withholding obligations on the vesting of restricted stock under the Company's Second Amended and Restated 2009 Equity Incentive Plan.

Remarks:

Catherine T. White, as attorney-infact under Power of Attorney dated 03/05/2019 February 23, 2009

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.